

# It's time to get Fort Wayne moving!

Come join the fun as America on the Move launches with a FREE kick-off celebration, 2000 step walk, pedometers, food and festivities!

America on the Move in Fort Wayne launches on

**SEPTEMBER 28, 2005**

**HEADWATERS PARK, WEST PAVILLION**

## **11:15-12:15 PM**

Registration, pedometer sales, interactive exhibits illustrating the simple step messages of physical activity and healthy eating!

## **12:15 PM**

Words of Welcome and Announcements from:

- Mayor Graham Richard
- Deborah McMahan MD, Health Commissioner
- Mark O'Shaughnessy MD
- Laura Townsend, Benefits Manager, City of Fort Wayne
- Marsha Worthington, Director of America on the Move in Fort Wayne

## **12:30 PM**

America on the Move Pledge

## **12:33-1:00 PM**

2000 Step Walk on the Rotary Circle of Hope  
(Headwaters and River Greenway)

## **1:00-1:30 PM**

Refreshments, Door prizes, Displays



## AMERICA ON THE MOVE IN FORT WAYNE

Are you looking for fun, creative ways to motivate you, your children, and grandchildren to achieve energy balance? You know....calories in (from foods we eat) equal calories out (from physical activity)? If so, you'll want to attend America on the Move Day of Action, the launch event of America on the Move in Fort Wayne, on Wednesday, September 28 at Headwaters Park, West Pavilion.

America on the Move Day of Action is a national celebration highlighting the benefits of active living and healthful eating. On this day, everyone is encouraged to take a pledge of action to experience the *2 simple steps* that shape energy balance to prevent weight gain and enhance health:

- Add an extra 2000 steps to your day
- Choose one smart way to eat 100 fewer calories each day

Festivities at the Headwaters Park Launch begin at 11:15 am featuring balloons, music, and words of kick-off from the Mayor at 12:15, followed by a 2000 step walk! You'll also be able to purchase a pedometer (step counter), sample healthy food, register for fun raffle prizes and learn more about America on the Move!

Anyone can participate in Day of Action by taking the pledge online between August 15 and September 28 at [www.americaonthemove.org](http://www.americaonthemove.org) or by calling 800.807.0077. For more details about the local kick-off, phone Marsha Worthington at 260.481.4868.